RAINBOW MESSENGER JANUARY, 2006

DAILY ACTIVITIES:



<u>WALKING</u> - In climate-controlled banquet room, twenty-five (25) laps equals a mile



Outside Walking Trail - 1/3 Mile



FITNESS ROOM - Open for your convenience Monday - Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



<u>CARDS</u> - Card tables available for your use on a daily basis.



BILLIARDS/POOL - Pool tables available Monday – Friday from 8:00 a.m. to 3:45 p.m. except Wednesdays from 1:00 p.m. to 3:45 p.m.



COMPUTER LAB - The computer lab is available for your personal use daily. **FREE** computer assistance is available every Wednesday morning from 9:00 to 10:30 a.m.

REGULAR SCHEDULED ACTIVITIES:



• EXERCISE CLASS meets every Monday and Thursday mornings at 9:00 a.m. Remember there will not be a

class on Monday, January 2nd because of New Year's Holiday.



• <u>CRAFTY CREW</u> schedule for Tuesdays in January.

January 3rd - Beaded Nightlights

January 10th - Votive Candle Holder

o January 17th Candle Making

o January **24**th Stretch Bracelets

January 31st - Decoupage Boxes



EINE DANCE LESSONS 6:30-8:00 p.m. Wednesday, January 4th, 11th and 18th. Class meets at 7:30-9:00 p.m. on Wednesday, January 25th. Cost of the session is \$3.00.

Please wear tennis shoes.



mornings at 10:00 a.m. at the Arnold F. Habig Community Center. We will sing at the Good Samaritan

Nursing Home on Friday, January 20th at 10:00 a.m.

• **BINGO** will be held on **Tuesdays, January 10th** and **24th** with games beginning at 12:00 noon. We ask you to keep bills to \$5 and under or correct change. Thanks for your cooperation. Cost \$1.00 per card to play all 50 games. Beginning at 11:30 a.m. someone will be there to collect.

RAINBOW MESSENGER JANUARY, 2006



QUILTING BEES will be held on **Mondays**, **January** 9th and **January** 23rd from 9 a.m. to 3 p.m. Lunch will be served.



• CARD TOURNEYS

- Thursday, January 5th Cinch Tourney.
- Thursday, January 19th –
 (Low) Rum Tourney
 Games start at 12:00 (noon)



BLOOD PRESSURE CHECKS

- o Tuesday, January 10th from 11:30 to 12:00 noon.
- SUNDAYS: The Older Americans at the Arnold F. Habig Community Center is open for card playing on Sundays from 1:00 to 4:00 p.m. In order for this to continue we need volunteers to sign-up to open. Please call 482-4455 to sign-up for a Sunday in January. We need your help in order to continue these extended hours.
 - Sunday, January 1st Older Americans will be open 1-4 p.m. Those attending are asked to bring finger foods to enjoy while celebrating the beginning of a New Year.
- <u>BILLIARDS LESSONS</u>: If anyone would like billiard/pool lessons, please contact Dave this winter about lessons. Call the Center at: 482-4455 to set this up.
- SHEEPHEAD LESSONS: Would anyone be interested in volunteering to teach Sheephead Lessons? Just call the Center at: 482-4455.

• SPECIAL ACTIVITIES

The Lunch Bunch will meet on Monday, January 30th at 12:30 p.m. at Late Nite's on the square. They have sandwich specials, soups and a pizza buffet. Sounds good doesn't it. Now you want to make plans to join us. Please call your reservations in to the Center by 3:00 p.m. on Thursday, January 26th.

- MONTHLY MEAL: This month let's try a carryin at 11:30 a.m. on Tuesday, January 17th. The Center will furnish the fried chicken and drink for \$2.00. We request everyone to bring a covered dish. Reservations are due by noon on Thursday, January 12th. You can pay that day.
- Movie Time: 1:00 p.m. Thursday, January 12th we will see "ICE PRINCESS". The ones attending November's movie preview thought it would be good so let's give it a chance. Michelle Trachtenberg stars as Casey Carlyle in ICE PRINCESS "a physics geek turned figure skater. Casey observes skaters for a physics projects" to improve her skating she becomes her own "guinea pig". Come in to see if her formula works and what else happens.



• 2006 NEWLSETTER: For \$6.00 we will mail your 2006 Rainbow Messenger Newsletter to you for the year. Get money, name &

address in so you don't miss an issue. You can pick up at area Senior Citizen Centers for free if you wish.

- <u>CLOSINGS:</u> The Older Americans will be closed:
 - Monday, January 2nd for the New Year's Holiday.

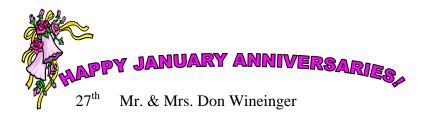
ATTENTION: In case of inclement weather if you are in doubt call us or listen to WITZ or WBDC radio stations for rescheduling or cancellations.

RAINBOW MESSENGER JANUARY, 2006

HAPPY JANUARY BIRTHDAYS!!

- 3^{rd} Kenneth M. Schnell 6^{th} Ida Mae Welp
- 12th Frieda Kunz
- 13th Paul Campbell
- 14th Lucille Kuebler
- 18th Ethel Mann
- 20th Earlene Recker
- 21st Bernice Sermersheim
- 24th Lorraine Sergesketter 29th Eleanor Sermersheim
- Providence Home
- 30th Rosetta Vonderheide

Good Samaritan Nursing Center



• AARP NEWS: The Dubois County Chapter #1953 will have a special meeting for January 11th, 2006 at 1:30 p.m. at the Arnold F. Habig Community Center. We will have a guest speaker on Medicare Prescription Drugs.